



# SANCHIN-RYU KARATE

## 2023-2024



**A traditional karate experience that builds from within.**

This program is instructed by master-level Sanchin-Ryu Sensei Chris Yonker, 7<sup>th</sup> Degree Black Belt. Each course is offered in an 8 week session. Classes will be held on Tuesday nights in the large upstairs room at the Recreation Center located at 32 Court Street, Exeter, NH.

### **Safe**

Our non-competitive system maintains focus on keeping a safe and healthy environment, creating a relaxed and all-round wonderful experience for you.

### **Fun**

This course will feature engaging and interactive lessons all presented in an encouraging and positive pressure-free atmosphere

### **Empowering**

You will learn how to identify and handle various threats and attacks, better deal with stressful situations, and use you whole body so that size, strength, age or athletic ability are no limiting factors in your defense.

8-week Session Tuesday Nights	6pm Beginner & Family Class Family Price	6pm Beginner & Family Class Individual Price	6:45pm Advanced Green Belt+ Class Individual Price
Fall I - 9/12/2023 - 10/31/2023	\$90.00	\$45.00	\$55.00
Fall II - 11/7/2023 - 12/26/2023	\$90.00	\$45.00	\$55.00
Winter I - 1/2/2024 - 2/20/2024	\$90.00	\$45.00	\$55.00
Winter II - 2/27/2024 - 4/16/2024	\$90.00	\$45.00	\$55.00
Spring I - 4/23/2024 - 6/11/2024	\$90.00	\$45.00	\$55.00

**FEE:** The cost is per person or per family, per session. Please make check payable to E.P.R.D. Visa, MasterCard, Discover, Apple Pay & Google Pay accepted. Sorry, no refunds unless the program is cancelled. There will be a \$20.00 fee Charged for each returned check

**EXETER PARKS & RECREATION DEPARTMENT**

**32 Court Street, Exeter, NH 03833**

**Phone: 773-6151**

**Website: <http://exeternh.gov/recreation>**

**Business Hours: Monday–Friday, 8:15am – 4:15pm**